



**FUMC Mesquite**  
300 N. Galloway Avenue  
Mesquite, TX 75149

**October 2009**  
**Volume 5, Issue 2**

972-285-1112 office 972-329-1093 fax AcademyKidsMesquite@yahoo.com

# Academy Kids Mesquite Newsletter

## Fall Pictures

Thank you parents for participating in our Fall picture day! We will hear back from the photographer soon and will let you know when you can view and select your picture to be printed.

## Dance at Academy Kids

Center Stage Dance comes to Academy Kids on Fridays. Ms. Juli teaches tap, ballet and tumbling. The cost is \$25 per month. If your child would like to take dance here at Academy Kids, please let your child's teacher know. Checks need to be made out to Centerstage Dance.

## Red Dragon Karate

Red Dragon karate school comes to the school every Wednesday. If your child is interested in taking karate here at the school, fill out the necessary paperwork and turn it in along with your monthly fee of \$25. Checks need to be made separate from your school tuition.

## Kids Night Out

Kids Night Out will be on October 9<sup>th</sup> this month. The cost is \$15 for one child, \$20 for two and \$25 for three or more children. We open the doors are 6:30 - 10:30. The kids will be served dinner, snacks and drinks, watch movies, play games and much more. You can email or call us with your reservation or you can show up at the door. We hope to see you here!



## Halloween Parties

Each class will be having a class party to celebrate Halloween. The parties will be on Friday, October 30<sup>th</sup>. Check with your child's teacher as to what their individual plans are. If you would like to bring something to share with the class, please let your child's teacher know ahead of time. **NO COSTUMES THIS YEAR!**



## Manner's Charts

Don't forget to send back your child's Good Manners chart. They will receive a pizza coupon and a prize for having good manners at home. The kids have been very excited to be working on this at home and are telling their teachers here at school. We are so proud to see and hear that the things they have learned at school are being used at home as well.

## Upcoming Events:

### Kids Night Out

Friday, October 9<sup>th</sup>

### Wear **ORANGE** to school today!

Friday, October 23<sup>rd</sup>

### FUMC Mesquite Trunk-or-Treat

Sunday, October 25<sup>th</sup>

### Halloween Class Parties

Friday, October 30<sup>th</sup>

## Tuition Notice

Please make sure your child's tuition fees are paid on time each month. There will be a \$10 late fee for any tuition paid after the 10<sup>th</sup> of the month. If you have any questions about your fees, please talk to someone in the office.

## Referral Credits

Our program has grown SO much this past year and we have you to thank for spreading the word. To show our gratitude, for any family you refer to us and they enroll we will give you a \$25 credit on your account.

## Trunk or Treat

First United Methodist Church will host their annual Trunk or Treat on Sunday, October 25<sup>th</sup> from 6-8. There will be games, prizes and of course loads of fun. Don't forget to wear your costumes and invite your friends!!

## Happy Birthday Teachers

Ms. Margy 10/21

## Happy Birthday Students

### October Birthdays:

Mia S. 10/2  
Aiden S. 10/11  
Bethany L. 10/18  
Regan B. 10/19  
Jackson B. 10/25  
Ian K. 10/26  
Andrew H. 10/30



## This Month's Curriculum:

### **Week 1: An Adventure in Space** **September 30 and October 2** **Letter Oo**

Chapel: Joseph and His Brothers  
"The Lord was with Joseph." Genesis 39:21

### **Week 2: A Dinosaur Dynasty** **October 7 and 9** **Letter Dd**

Chapel: Baby Moses  
"The Lord is on my side, I will not fear."  
Psalm 118:6

### **Week 3: In the Jungle** **October 14 and 16** **Letter Jj**

Chapel: Through the Red Sea  
"So the people of Israel walked through the sea on dry land." Exodus 14:22

### **Week 4: Old Macdonald Had a Farm** **October 21 and 23** **Letter Gg**

Chapel: The Fall of Jericho  
"By faith the walls of Jericho fell down."  
Hebrews 11:30

### **Week 5: Happy Halloween!** **October 28 and 30** **Letter Hh**

Chapel: David and Goliath  
"You come to me with a sword, I come to you in the name of the Lord." 1 Samuel 17:45

## Reminder to Parents

- Bring a lunch for your child each day. Please bring items that are ready to eat; we are unable to heat food.
- Wear comfortable clothing to school that is able to get dirty and washes easily.
- Please do not bring your child to their classroom before 9:15. The teachers need time to get the classroom ready for the day. They will be charged for an extended day fee.

## Establishing a Bedtime Routine

Preschoolers sleep about 10 to 12 hours during each 24-hour period, but there's no need to be rigid about which 10 to 12 hours these are. The most important thing is to help kids develop good habits for getting to sleep. A bedtime routine is a great way to ensure that your preschooler gets enough sleep. Here are a few things to keep in mind when establishing that routine:

- Include a winding-down period during the half hour before bedtime.
- Stick to a bedtime, alerting your child both half an hour and 10 minutes beforehand.
- Set fixed times for going to bed, waking up, and taking naps.
- Keep consistent playtimes and mealtimes.
- Avoid stimulants, such as caffeine, near bedtime.
- Make the bedroom quiet, cozy, and conducive to sleeping.
- Use the bed only for sleeping — not for playing or watching TV.
- Limit food and drink before bedtime.
- Allow your child to choose which pajamas to wear, which stuffed animal to take to bed, etc.
- Consider playing soft, soothing music.
- Tuck your child into bed snugly for a feeling of security.

Most preschoolers do still need naps during the day. They tend to be very active — running around, playing, going to school, and exploring their surroundings — so it's a good idea to give them a special opportunity to slow down. Even if your child can't fall asleep, try to set aside some quiet time during the day for relaxing. (And you'll probably benefit from a break too!)

The best way to encourage napping is to set up a routine for your child, just as you do for bedtime. Your preschooler, not wanting to miss out on any of the action, may resist a nap, but it's important to keep the routine firm and consistent. Explain that this is quiet time and that you want your child to start out in bed, but that it's OK to play in the bedroom quietly if he or she can't sleep.

How long should naps last? For however long you feel your child needs to get some rest. Usually, about an hour is sufficient. But there will be times when your child has been going full tilt and will need a longer nap, and others when you hear your child chattering away, playing through the entire naptime.

Article taken from kidshealth.org

## Carpool Procedures

You are welcome to walk your child to his/her class each morning but we encourage you to utilize our carpool system. Just pull to the door and a teacher will come out to your vehicle and take them to their class. PLEASE DO NOT PARK YOUR CAR OR GET OUT OF YOUR VEHICLE. This not only slows the carpool system process but is also a fire hazard. Children really love the feeling of independence of getting out themselves and walking to class like a big kid!

## School Hours and Extended Day Information

Please remember that school starts at 9:15am and ends promptly at 2:15pm. If you are early, arriving before 9:15 please take your child to the extended day class downstairs. If your child is here later than 2:15, they will be in the late room downstairs. It is very important that the teachers have this time in the classrooms to prepare in the mornings and clean up from the day in the afternoon.

Extended day starts at 7:30 in the morning and ends at 5pm in the afternoon. The cost for one of the extended periods is \$6 for morning or afternoon and \$10 for both morning and afternoon in the same day.

## Upcoming Home School FIELD TRIPS:

Friday, October 23<sup>rd</sup>

Museum of Nature and Science – Science of Spying Exhibit and Imax Presentation. The cost is \$15 per person. Please be sure to bring a sack lunch and we will have a picnic there.

Friday – Sunday, November 5<sup>th</sup> – 8<sup>th</sup>

NASA Space Center – Your family is invited to travel to Houston for NASA Homeschool Day! If your child cannot go, there will still be a class here at the school. Be looking for more information.

